

Cinnamon Syrup



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 0.5 cup sugar white

Equipment

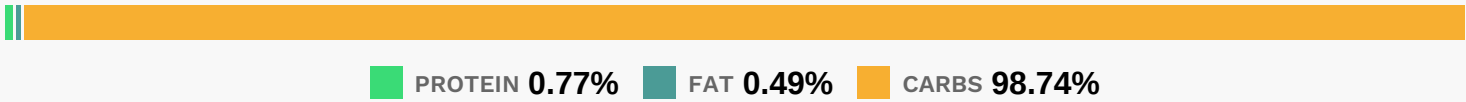
- ☐ sauce pan

Directions

- ☐
- Stir together the white sugar, brown sugar, flour, and cinnamon in a small saucepan. Stir in vanilla extract and water. Bring to a rolling boil, stirring often. Continue to boil and stir until mixture thickens to syrup consistency.

☐

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:19.53, Inflammation Score:0, Nutrition Score:1.1121739139375%

Nutrients (% of daily need)

Calories: 217.9kcal (10.89%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 55.07g (18.36%), Net Carbohydrates: 54.83g (19.94%), Sugar: 51.77g (57.52%), Cholesterol: 0mg (0%), Sodium: 11.1mg (0.48%), Alcohol: 0.34g (100%), Alcohol %: 0.37% (100%), Protein: 0.43g (0.86%), Manganese: 0.09mg (4.51%), Calcium: 28.03mg (2.8%), Selenium: 1.76µg (2.51%), Iron: 0.4mg (2.24%), Vitamin B1: 0.03mg (1.97%), Folate: 7.15µg (1.79%), Copper: 0.03mg (1.56%), Vitamin B2: 0.02mg (1.43%), Vitamin B3: 0.26mg (1.3%), Potassium: 43.65mg (1.25%), Magnesium: 4.16mg (1.04%)